



Technological University Dublin  
**ARROW@TU Dublin**

---

Menus of the 21st Century

Gastronomy Archive

---

2017

## Orso Coeliac Friendly Options Menu 2017

Orso

Follow this and additional works at: <https://arrow.tudublin.ie/menus21c>



Part of the [Cultural History Commons](#), [Food and Beverage Management Commons](#), and the [Tourism and Travel Commons](#)

---

### Recommended Citation

Orso, "Orso Coeliac Friendly Options Menu 2017" (2017). *Menus of the 21st Century*. 203.  
<https://arrow.tudublin.ie/menus21c/203>

This Book is brought to you for free and open access by the Gastronomy Archive at ARROW@TU Dublin. It has been accepted for inclusion in Menus of the 21st Century by an authorized administrator of ARROW@TU Dublin. For more information, please contact [yvonne.desmond@tudublin.ie](mailto:yvonne.desmond@tudublin.ie), [arrow.admin@tudublin.ie](mailto:arrow.admin@tudublin.ie), [brian.widdis@tudublin.ie](mailto:brian.widdis@tudublin.ie).



This work is licensed under a [Creative Commons Attribution-Noncommercial-Share Alike 3.0 License](#)





021 243 8000

8 PEMBROKE STREET CORK

[map & opening times](#)  
→

Information ▾

Food & Drink ▾

ORDER ONLINE

## COELIAC FRIENDLY OPTIONS

*Sample menu – all details subject to change.*

### From the bar (day time)

BREAKFAST	
Fruit salad	€3.50
Banana, cinnamon and toasted almonds on gluten free bread	€4.50

SANDWICHES ON GLUTEN FREE BREAD	
Pastrami with pickled cabbage, gherkins & a light mustard mayo	€6.50
Slow cooked ham, smoked cheese and homemade fig chutney	€6.50
Roast chicken in a fresh herb pesto with tomato, mayo & mixed leaves	€6.50
Roast turkey with cranberry stuffing, rocket, beetroot & pineapple salsa	€6.50
Soup (daily changing) with gluten free bread	€5

HOT STUFF	
Stuffed roast aubergine with zhoug, spiced 3 bean mix & basil yoghurt. Served with a choice of 2 salads	€9.50
Chicken & sweet potato stew in a spicy harissa sauce on brown rice	€8.50

COLD STUFF	
Chicken & sweet potato stew in a spicy harissa sauce on brown rice	€7.00
Quinoa with squash, beetroot, lentils, rocket and maple syrup, toasted seeds	€7.00

- FROM THE  
BAR (daytime)
- FROM THE  
KITCHEN  
(night time)
- » COELIAC  
FRIENDLY OPTIONS
- WINE
- COCKTAILS,  
BEER &  
SOFT DRINKS
- TEAS AND  
ORSO COFFEE

Wild rice, fava beans carrot shavings & fresh coriander	€7.00
---	-------

From the kitchen (night time)

Seasonal Soup (daily changing) with gluten free bread	€5.50
Pilpelchuma spiced prawns with cucumber and coriander salad	€7.90
Baked almond crusted halloumi with broad beans and rocket	€7.90
Orso spiced potato, squash & beetroot bake topped with goats cheese & crispy onions	€12
Blackened salmon with fried chickpea rice & pomegranate salsa	€17.50
Fresh fish of the day – ask your server for daily special gf	€19.50
Orso spiced warm chickpeas	€4.00
Dukkah coated roast baby potatoes	€4.00
Carmelised fennel bulb halves	€4.00
Baharat spiced sweet potato wedges	€4.00

DESSERTS	
Coconut meringue with passion fruit & dark chocolate ganache	€6.50
Lemon and goats curd cheesecake with almond and sesame base	€6.50

Sample menu– all details subject to change.

Facebook  
Twitter

Latest News:

[Vacancy – Chef de Partie  
\(full time\) »](#)

[New Video for ORSO »](#)

visit our other sites: [market lane](#) / [the castle cafe](#) / [elbow lane](#)



